

E. J. C.

a candid & judicious essay on the
subject of Distillers -

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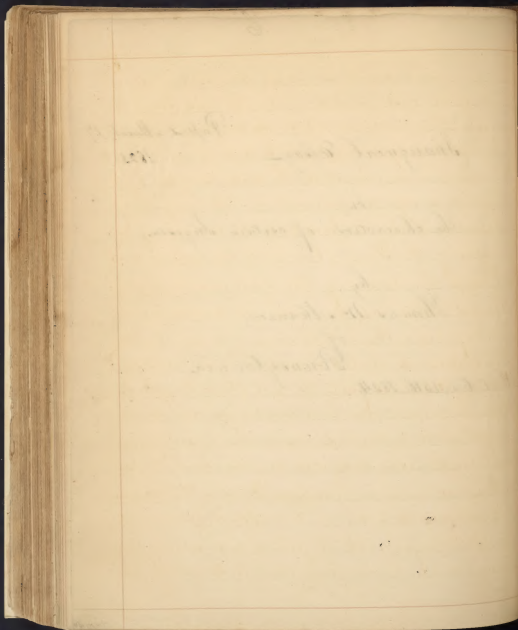
Inaugural Essay -

on
the characters of certain Ingesta -

by
Thomas M. Moirer

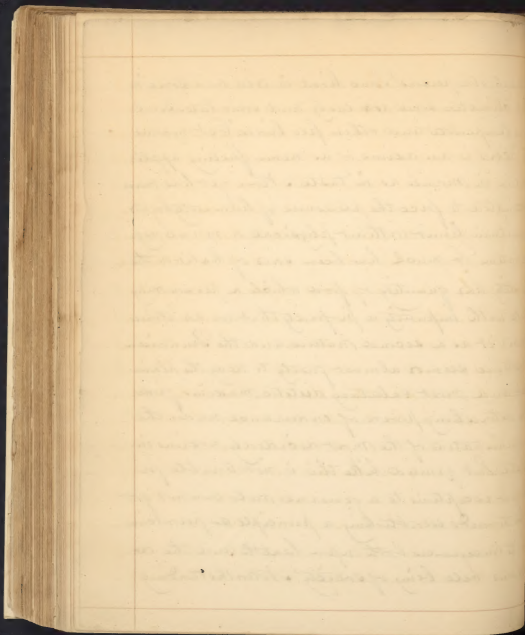
Pennsylvania -

October, 15th. 1824.

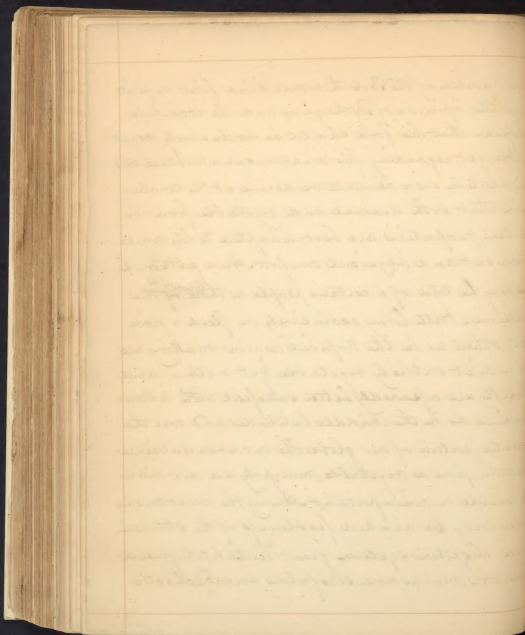


Numerous and diversified as are the causes of disease undoubtedly distinguished in the Phalaris stand the Ingesta. Old age is said to be the only natural disease inflicted upon man. In the rest we may thank our ingenuity not the stars. The hurricanes of the East the complex sauces of France and the grapes of Spain and Portugal have been the enemies of man. The sins of the Roman banquet have been visited upon the heads of their imbecile generation. Whether nature ever so fashioned the crazy temperament of man that it should endure the storms of a thousand winters I cannot pretend to say. Here our evidence fails us and theory supplies little but conjecture. But that life may be improved youth prolonged age made less infirm and death retarded is as conformable to theory as demonstrable in practice. What is the cause of Longevity it is unquestionably difficult to say. It is impossible to found a system upon the accounts given from time to time of eor

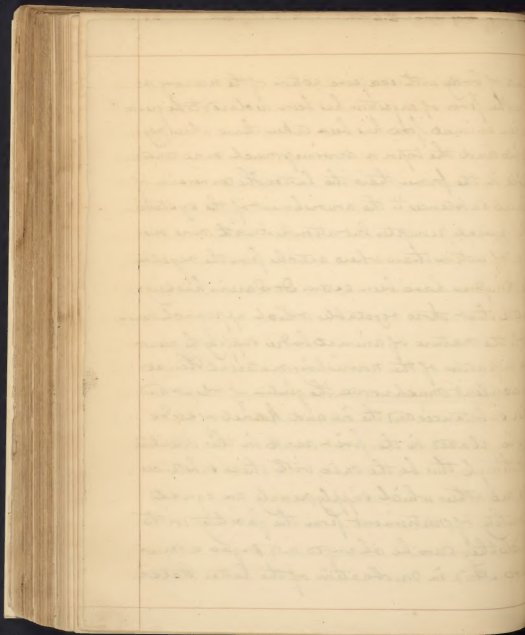
extremely old persons. Some lived in cold and some in
hot climates - some rose early and some late - some
were temperate and others free livers. "Est modus
in rebus" is an axiom of as never failing applica-
tion in morals as in taste. A man yet has man-
aged to attempt to force the pleasures of humanity beyond
a certain limit without physical or moral deg-
radation. So much has been said of habit on the
quality and quantity of food which a person may
take with impunity or propriety that we sometimes
regard it as a second nature and the Brunonian
doctrine seems almost justly to deny the plain
old and most salutary dietetic maxims from
the astonishing powers of endurance under the
administration of the most decidedly noxious in-
gesta. But gamma like this is not tenable for
a few exceptions to a general rule cannot go
far towards establishing a principle or pernicious
in its consequences both upon health and the or-
der and well being of society. Notwithstanding



the tradition of the Poets that man lived first on fruits
and the opinions of Pythagoras and the eccentric
Ropewalk that his food should be exclusively vege-
table yet regarding his anatomical structure and
his habits in every climate we arrive at the conclu-
sion that both animal and vegetable food in
certain proportions are best adapted to his nour-
ishment and physical comfort. And although
we may be told of a certain people as those of the
extreme North living exclusively on flesh or fish
and others as in the tropical regions making use
of a diet entirely vegetable yet nature and
health are as surely better satisfied with a com-
promise as in the middle latitudes and over the
greater portion of our globe the inconveniences re-
sulting from a vegetable monopoly are not in-
considerable or unimportant. Among the most conspic-
uous may be ranked feebleness of the stomach
and digestive system - great irritability - general
languor - macaemus - scrofulous and cachectic



habits of body with excessive action of the urinary organs the fever of digestion has been declared to be greater when animal food has been taken than when vegetable and the typhus or drooping much more considerable in the former than the latter. The conversion of animal substances to the nourishment of the system is in general prompter but attended with more violence of action than when articles from the vegetable kingdom have been eaten. Dr. Darwin has suggested that those vegetables which approach nearest to the nature of animal bodies supply the greatest proportion of the nourishing material. Hence the excellent mushrooms the gluten of wheat and other substances and the oil and kernels of seeds may be placed in the first rank in this intention. But though this be the case with these substances there are others which supply nearly an equal quantity of nutriment from the facility with which they can be changed into sugar or mucilage. And in combination of the latter stalo-



ment we resort to the well known fact that the date which furnishes a large portion of saccharine and mucilaginous matter is a leading article of diet in Syria Egypt and Persia and that during the days of Roman magnificence they were recognized as almost indispensable by the athletes preparatory to their gymnastic exercises.

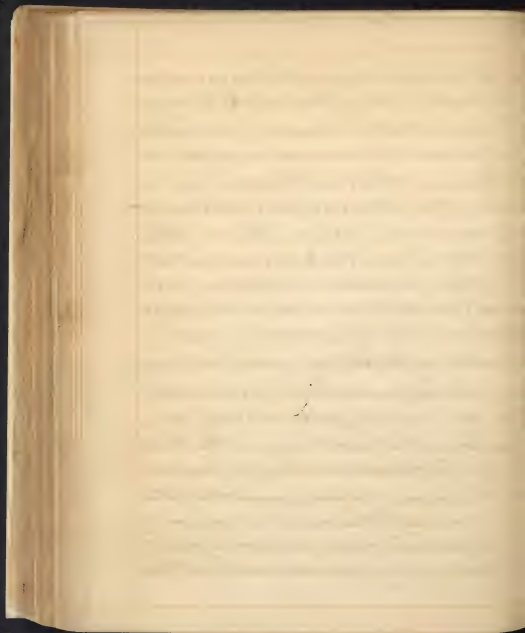
Of the vegetables in most general use the Pot herbs stand foremost. An individual whose digestive apparatus was not enfeebled by disease and whose familiarity had placed beyond all doubt the innocuous character of cabbage so far as he alone was capable of forming an opinion would, probably, feel very sceptical upon being told that experience had demonstrated its inapplicability in an opposite condition of the stomach. Few vegetables run into a state of putrefaction sooner than cabbage and when used it should be immediately after cutting. From the firmness of its texture and the great



quantity of fixed air given out from it during
the process of digestion it is apt to produce flatu-
lence, gastrodynia and disorders of the bowels.
A peculiarity has been remarked in the digesti-
bility of this vegetable viz: that some delicate stom-
achs which are utterly unable to manage brier-
ed cabbage can eat it raw as it is brought to
our tables cut small and dressed with vinegar.
In Holland Germany and in numerous districts
of our own country peopled by the descendants
of the early Dutch and German settlers there
is a method of preserving them by cutting into
pieces sprinkling with salt and some aromatic
herbs. They are afterwards put into a tub or bar-
rel packed close and left to ferment when
it is called sau crout or saer kraut. This and
all pickles of cabbage are justly considered by
this people unenervating because unvisited
in a great measure by the impairing consequen-
ces of the extremes of fashionable life as when



some and antiscorbutic from the Vinegar and quies
ces they contain. During Capt. Cook's Voyage
the most remarkable in respect to the health
pres of his crew—that ever was performed in a
letter addressed to Sir John Pringle he gives an
account of the method adopted by the admiralty
for the preservation of his men. "He was well pro-
vided with a large stock of sour crout. A
pound of this was served to each man twice
a week." Since the trial made on board Capt.
Cook's ships it has been extensively used by
the direction of the British government in nu-
merous other situations. It has proved itself
beneficial in preventing scurvy and curing many
diseases. During the Revolutionary war the British
troops lying at Boston who were fed principally
on salt provisions guarded against the incu-
sion of disease by the free employment of
this article. Care must however be bestowed
that it be properly prepared and kept. When



sewed out in a putrid state it is not only highly disagreeable to the taste but probably also pernicious in its effects. The free use of Mustard, Horse radish and other stimulating dietetics of a similar nature are also in a considerable degree influenced by temperament. As is unquestionably the case they be not only admissible but highly beneficial in torpid habits in an opposite condition there must be an evident impropriety in employing them as thousands do without discrimination or regard to individual temperament.

The Lettuce though much easier of digestion than the cabbage in reality contains little or no nutriment. It is an old remark and experience and observation testify to its truth that it agrees better with some temperaments than others. The sanguine and the bilious may stand in need of its soothing active qualities but the phlegmatic requires not such comfort. Its narcotic properties



make it agreeable to some stomachs while in others
its effects are reversed.

Little doubt perhaps exists of the liability of
the Cucumber to impair the healthy action of the sto-
mach and when impaired to bring on active disease
in a very short time than of any other of the *Fructus*
Hucusque common use as dietetics at our tables. They
are of little service except as a refrigerant a condiment
to accompany animal food. They have been
discharged from the stomach with very little alter-
ation after having been retained there 48 hours. In
the raw or crude state they are always inimical
to the gaily or dyspeptic stomach and may occasion-
ally become the cause of alarming disorders. now
less previously modified by some culinary process.
The farinaceous matter they contain maybe im-
potent but the juice which is said to possess
the power of dissipating humors from the skin
when applied externally will not infrequent-
ly display its acrimony on the gastric apparatus.



That the Potatoe does contain an active narcotic principle is now made manifest and why may it not upon particular idiosyncrasies and in certain states of the system furnish to a morbid impression become efficient in the production of disease? Yet this circumstance does not and cannot so far militate against its well established character as to weaken its well earned fame and high rank in the class of nutriment. It only implies that care may sometimes be necessary in its employment. Take from an Irishman the Potatoe and you make him much lovelier & milder & less poor indeed! Soil, climate and cultivation have certainly much modified the *Solanum Tuberosum*. Although furnishing a greater proportion of nutritive matter than almost any other of the esculent roots yet the question still remains "Subsidice" whether Potatoes alone can support a person in active and laborious life. During the scarcity in Scotland the Peasantry found that without



the addition of animal food they occasioned
some debility and were at length totally in-
sufficient to maintain life. It might be a bold
assertion to say that the Irish Potato will frequently
bring about Dyspepsia and alimentary complaints
while we have a quantum of circumstantial evidence
to declare that they will protect or keep up an
advanced state of the digestive organs and an
emaciated condition in a not particularly of the setu-
cedent kind. Like the Turnip they do not possess
a laxative principle which could thereby correct
any bad effect.

Mostly wholesome and concededly nutritive
as is the flour of Wheat, Rye and Indian corn
we know of nothing so certainly noxious (yet so
generally unsuspected) as each from moisture and
a diseased state of the grain itself. As to the
consequences of the poisonous nature of sprouted
they enquiry and observation are rapidly and daily
developing facts corroborative of this position.



Epidemics which have devastated Europe, India and parts of France have all been traced to this cause. The effects of Ergot are different according to the time in which it has been used and the quantity taken. In those who have eaten of it for a short time it produces a variety of nervous symptoms including what has been called convulsion *Ergotism* while that caused by eating it for a longer time and in larger quantities has obtained the name of gangrenous *Ergotism*. The first is ushered in by an uneasy sensation of the feet a kind of tickling or creeping and speedily afterwards Cardialgia and disorder in the head and hands. It then succeeds Tetanic contractions foaming at the mouth burning thirst vertigo and the symptoms of Extrication. Mania, melancholia or Insensibility. Almost all those affected as with Epilepsy die. In many the face is covered with an eruption resembling *Scabies*. The pulse is quite natural. The disease lasts 2, 4, 6 and sometimes 12 weeks with intervals of repose. Of the persons affected with it in



a part of Piles in Dogs children, &c. is it is. The gangrene
now Erysipelas commences with an acute pain and thro-
bbing heat in the part too which after a while as-
cends and gains the legs. The foot then becomes cold
pale and livid. This state is succeeded by gangrene
which rises to the knee. The leg is detached at its
articulation and shows a healthy surface which
soon heals if the previous morbid causes have
been removed. The pain is usually more severe
during the night than day. There is some thirst but
the appetite is good and the functions regularly
performed. Animals fed with spurned rye have after
a while perished from gangrene of the limbs ears
and tails and acute inflammation of the Hæmor-
rhoids. A Medical gentleman once informs me
that the first crop of wheat upon newly cleared
ground almost invariably contained a considerable
proportion of must or rust and he has seen
violent pain in the head and Diarrhoea result
from its employment. It is a common and well



established notion that new warm bread is more difficult of digestion than cold sometimes bringing on spasms of the stomach and paroxysms of gut and in opposition to the practice laid down by Dr. Keegan of Edinburgh in his medical lectures is injurious in Dyspepsia.

The Pomacee though less exceptionable than the Stone fruits particularly the Plum and Cherry are not without their inconveniences especially the Apples which is an enemy to a Dyspeptic stomach. It has been brought up in the same masses in which it was swallowed after a lapse of two days. The immoderate use of Apples and the Cider obtained from them in certain counties in England and Normandy have produced the remarkable colic and rheumatism. The colic which prevailed in Germany in 1724 and described by Keacham was due to this cause. The words then of Horace "Pomifera grave tempus anni" are not merely a poetical expression for the indulgence in Pies pasties and cakes which are



given some time in digesting may we have a whole
train of Dyspeptic and Hypochondriacal complaints.

When the stomach is merely languid or enfeebled in a trifling degree a small quantity of animal may be preferable to vegetable diet but if it be incitable a tendency to inflammation the reverse plan obtains the preference. The Dyspepsia of the youthful accompanied with fever and pain does not admit of its administration. It causes a torpor and fulness of the vessels which in such cases are universally debilitated. Its exclusive employment is the precursor of hepatic eruptions and after a while chronic affections. Cullen says it brings on melancholy. It renders men dull, heavy and inactive in the pursuits of science. Not temperate as a proper exercise and habitually accompanied with strong fermentation by acids is a source of those unwieldy adipose depositions which also most univocally indicate a departure from



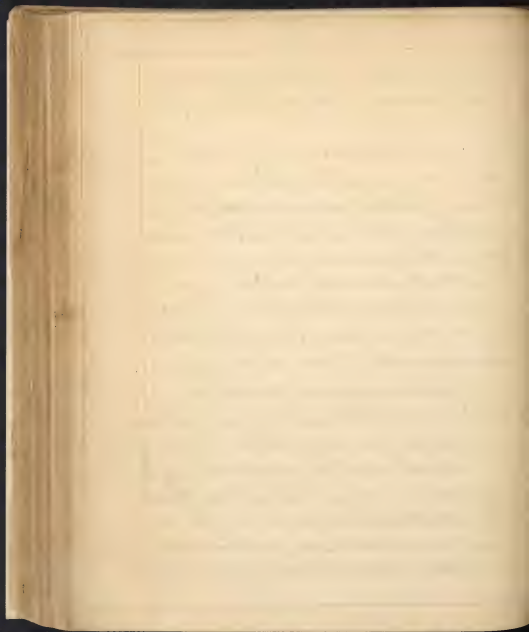
health.

If now we pass from a survey of the different kinds of food made use of by man, for the gratification of appetite and the support of sensual pleasure to the varieties of drink we see before us a scene of the most interesting mental Phenomena which can engage the attention of the Physicians. Reason like Angels humper tongue has warmer tongue and hand. The has pointer to the awful waste of lives and the destruction of social bonds with a host of evils consequent upon intemperance. Man has and always will close his eyes in little's insecurity. The mortal and divine can show but few trophies of success in their combat with this invincible foe. The blood of the earth has been the capital enemy of her sons. The intoxicating bowl has charms too alluring to be proffered for practices conducive to health and pointed out by reason. But in the execution of the original design of this essay I must confine myself to a very far



of the drinks and those of the more common kind
and as simple beverages sanctioned by the fiat
of time.

Tea was originally made use of for medicine
simples but became a fashionable beverage from
the example of Catharine consort of ~~the~~ Charles
the 2d. who has made use of it in Portugal. It
has likewise the recommendation of some distin-
guished Dutch Physicians. It has been urged in
its favor that it increases the power of digestion
is an excellent concomitant of solid food, destroys
the insalubrious nature of some matters, dissipates
morrow and effectually calms the turbulence of
cancer. It has much evidence in support of its bene-
ficial qualities in fever and calculous complaints.
Finally it has done much to support sobriety. But
by the opposite party more has been accomplished.
It is substantiated that the Tea leaf contains
active innate agents which are poisonous even
when in a decoction. Its astringency at first



Tonic may also probably does indirectly debilitate. The enervated and indecisive character of the Chinese is considered a result of the momentary excitement of Tea drinking. The green however is the most active and it is this almost solely which has furnished matter for discussion. Lastly without an enumeration of all its malic effects when drunk for a length of time and in large quantities it is apt to occasion Tremors - Palsies and various other symptoms arising from narcotic plants while it aggravates hysterical and hypochondriacal complaints. Dr. Polakow its strongest advocate was a solitary but very accomplished of petulance and irritability attributable in a considerable degree to his frequent and heavy potations of Tea.

Coffee like Tea has had and still continues to retain its Moselyes and the grateful sensations it produces on the sick or debilitated stomach and the sedative power it exerts on the vis vitæ have secured for it many admirers.



The Turks and Arabians take it in large quantities
with peculiar propriety because it counteracts the
stercoric effects of Opium to the use of which these
nations are magically devoted. But like every other
medicine this has a reverse. Dr. Percival to determine
its real effects upon the human body has made
several experiments the result of which he gives
in the following language. "From these observations
we may infer that Coffee is slightly astringent
and antiseptic that it modifies alimentary
fermentation and is powerfully sedative. Its ac-
tion on the nervous system probably depends upon
the oil it contains which receives its flavour
and is rendered mild by empyreumatic by the
process of roasting. A Teuman obtained by distil-
lation from a pound of Coffee 5 ounces 5 and
a half drachms of water 5 ounces and half a
drachm of thick fetid oil and 4 ounces and
2 drachms of Caput Martium. It delicate habi-
ts it often occasions watchfulness and many



of these complaints denominated Nervous. It has
been suspected of producing Palsies and Epilepsy.
With a distinguished Country Practitioner some months
ago informed me he knew an individual who some-
times used it without an attack of Epilepsy. Flaco
affirms that he became Paralytic by the too lib-
eral use of Coffee and that his disorder was
only removed by an abstinence from this liquor.
The benefits arising from the employment of hot
strong Coffee in Asthma depend principally
upon its Stimulant nature. Women who are
liable to Miscarriage and the youthful Sanguine
should avoid it. Though a slow poison it is of-
ten a cure. Our own Germans and Dutch often
employ it almost "sans limitation" are Soporose
and Phlegmatic. Tells the Swedish Philosopher
who undermined his constitution and eventually
destroyed himself with this beverage and while
a student of Medicine in Bethlehem my pre-
ceptor pointed out a case of mental alienation

The following statement is taken from the
report of the Committee on the
Education of the Deaf and Dumb
for the year 1870-71. It is
the result of a careful study of the
subject, and is intended to show
the progress of the cause in this
country. It is divided into two
parts, the first of which contains
a general statement of the
condition of the deaf and dumb
in this country, and the second
contains a list of the institutions
for the education of the deaf and
dumb in this country. The first
part is divided into three sections,
the first of which contains a
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tion originating in the abuse of Coffee drinking.

